

RAINBOW MESSENGER
OCTOBER, 2005



WALKING: The banquet room will open for walking most weekday mornings at 8:00 a.m. If you walk 25 laps around the room you've walked a mile. The room is climate controlled for your comfort.



WALKING TRAIL: Don't forget we have the walking trail. For mornings, or cool days (or late afternoons) when you want to walk outside our trail is 1/3 of mile. We have benches located at various spots along the path. This path is made of wood chips, which is easier for you to walk on.



FITNESS ROOM: Our fitness room is open from 8 a.m. to 3:45 p.m. for you to use. We ask you to sign-in and out at the receptionists' desk. The fitness room is located in the lower level. We have 2 treadmills, 3 recumbent bicycles, another stationery bike, plus a "Cybex" machine that gives you several different exercises to workout for different areas of the body.



BILLIARDS/POOL: You can enjoy playing pool Monday, Tuesday, Thursday and Friday from 8:00 a.m. to 3:45 p.m. We request you not **start your games on Wednesdays until 1:00 p.m.** We have a full size pool table plus a bumper pool table for you to play. Thanks for your cooperation. Bring your friends in for a friendly game of pool!!



finish with the "Chicken Dance" and the "Hokey Pokey".

EXERCISE CLASS: We have an exercise class which meets on Monday and Thursday mornings starting at 9:00 a.m. Our exercises are designed to keep your joints limber. We also do some stretching exercises and



FREE COMPUTER ASSISTANCE: Do you have questions about how to use a computer? E-Mail? Use the Internet? Or anything else you

would like to learn? We have Volunteers that come in on Wednesday mornings from 9:00 to 10:30 a.m. They will be glad to answer your questions and give you helpful tips!!

GAMES: Every Friday we offer games all day until 3:45 p.m. Bring your friends in for a fun afternoon. We have several different games for you and your friends to play. They are Rummicube, Double Nine Domino's, Scrabble, Tripoley and of course cards. These games are in the TV room on the main floor and available Monday-Friday for your enjoyment from 8:00 a.m. to 3:45 p.m. We also have: Ping Pong, Bumper Pool, Pool/Billiards and a portable Shuffle Board Court and we have added **FOOS BALL GAME** in the lower level for you to try. These games are available 8:00 a.m. to 3:45 p.m. weekdays except Wednesday, when we ask you to please wait until 1:00 p.m. to start your games.

SUNDAYS AT THE CENTER: Would you like the Center open on Sunday afternoons? If so, it is up to you to volunteer to open. Please call the Center at: 482-4455 the Monday before to volunteer so I can get it in the paper. Anyone volunteering to open the Center, the **Sunday hours are from 1:00 to 4:00 p.m.** Thanks for your cooperation.

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CRAFTY CREW: Come and “Paint It” or “Craft It” and have fun with us. Learn new techniques every Tuesday from 9 a.m. – 12 p.m. Class fees will be \$3.00 which includes use of some supplies.

Schedule for October:

October 4th - Witches & Ghosts
October 11th - Fall Wreaths
October 18th - Jack-O-Lanterns
October 25th - Halloween Party



QUILTING BEE'S: We will hold the September quilting bees on **Monday, October 10th** and **Monday, October 24th**. Our quilting bees run from 9:00 a.m. to 3:00 p.m. All

quilters are invited. The Center will provide lunch for any Senior Citizen who quilts on our bi-monthly Quilting Days. Hope you can attend, every stitch counts!!



SINGING SENIORS will meet Friday mornings at 10:00 a.m. in the banquet room. Anyone who likes to sing is invited to join us. However, if you can't make it every week, that's okay, we'll be glad to have you join us when you can. This month we will be singing at Heritage House of Jasper on **Friday, October 28th at 10:00 a.m.**



CARD TOURNEYS: October tournaments will be: **Sheephead** on **Thursday, October 6th** and **Euchre** on **Thursday, October 20th**. Both tournaments start at 12:00 p.m. and will consist of six (6) games per tournament. Entry fee is \$1.00 a person. Prizes are awarded. Please sign-up by 10:00 a.m. the morning of the tournament. Hope you can join us.

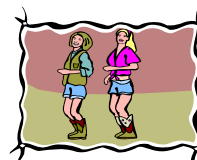


BLOOD PRESSURE CHECKS will be held on **Tuesday, October 11th** from 11:30 a.m. to 12:00 noon at the Arnold F. Habig Community Center.

BINGO: Come try your luck on **Tuesday, October 11th and 25th**. Games begin at 12:00 noon and will consist of 50 games. Players are asked to pay \$1.00 per card for the session. If only staying until break, the cost is only 50 cents per card. Money will be collected between 11:30 and 12:00. Donations are also accepted for the cover-all amount.



MOVIES & POPCORN: This month Family Video of Jasper will be donating the movie: **“HITCH”** for us to watch on **Thursday, October 27th at 1:00 p.m.** This is a romantic comedy. Will Smith plays Alex “Hitch” Hitchens, professional dating consultant. In the cutthroat world of New York romance, where fates are decided in an instant, you average lonely Guy needs skilled counseling. Hitch is you man. He understands women: how to get their attention, how to seem heroic in their eyes, what to tell them and what definitely not to tell them. Does Hitch's client get the girl of his dream? Does Hitch find the special lady and stand or fall flat or somewhere in between? Come in to watch **“HITCH”** on **Thursday, October 27th**.



LINE DANCE CLASSES will be held on Wednesdays from 6:30-8:00 p.m. during August. Come join the fun at the Arnold F. Habig Community Center on Wednesday evenings. Line Dancing Classes are instructed by LaVerne Lechner. These classes are for Dubois County Senior Citizens 55 years and older. They are designed for beginners. All persons attending should wear tennis shoes. Class sessions will cost \$3.00 per dancer, payable each session. For more information call 482-4455. Hope to see you there. **No Line Dancing on Wednesday, October 26th.**

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LUNCH OUT: Join us for lunch at Yaggi's Restaurant on **Tuesday, October 18th at 11:00 a.m.** As usual everyone orders what he or she want and pays his or her own bill. The special is Chicken-n-dumplings or meatloaf. Reservations are due by **4:00 p.m. on Thursday, October 13th.** Hope you can join us.

CATERED MEAL: Join us **Monday, October 24th at 11:30 a.m.** for our monthly-catered meal. Sander Catering will be the caterer. The menu will be: Bar-B-Q Chicken, Potato Casserole, California Medley with cheese on the side, Green Beans, Sweet & Sour Tomatoes, Dinner Rolls and Coffee or Tea. Cost of the meal is \$5.50 a person. Reservations need to be in by 3:00 p.m. on Tuesday, October 11th. Money will be collected at the meal. Please have correct change. **REMEMBER,** if you make a reservation, you are responsible for that meal – we can pack it for you to take home.



TRIP: We have a unique trip set up for **Monday, October 31st.** We will leave the Armory at **9:00 a.m.**

At the first stop we will tour the Graham Cheese factory in Elnora, Indiana and view a video. There will be a question, answer session following the tour. There will also be time to visit their gift shop. The next stop will be lunch at the Black Buggy – pay for your own meal. There are different shops to go through if you have the time. Our last stop will be a double stop – on one side is the Stitching Post billed as “Southwest Indiana’s largest quilt store” and across the street is the Old Tin Lantern Flea Market – it has been highly recommended. Cost of the trip is \$20.00.

Sign-ups start at 7:30 a.m. on Thursday, October 6th by phone: **482-4455** for any Dubois County Senior Citizen age 55 and older. **Money is due by 4:00 p.m. on Wednesday, October 12th.**

GUEST SPEAKERS: Mark your calendars for **Friday, October 21st** so you will be sure and be here at **1:00 p.m.** We will have a representative here from the Social Security Department and Generations Information and Referral Program to explain the changes that will be occurring in the Medicare Prescription Drug Program beginning January 1st. There will be a question, answer session following.

Generations Invites You to a Community Meeting: Generations cordially invites you to a community meeting at the Arnold F. Habig Community Center on **Thursday, October 13th at 1:00 p.m.** in celebration of Generations 30th Anniversary of providing older adults with service caring.

Doug Carroll, Resource Center Director, will talk about services and programs that are available and share information on a wide array of senior topics and concerns.



MEDICINE COLLECTION: **Fall medication collection held in Jasper (6th Street) Fire Station, Ferdinand Fire Station and Huntingburg Fire Station. This event is scheduled for Friday, October 14th from 11:00 a.m. to 1:00 p.m.** Please take advantage of this free opportunity to safely dispose of unneeded medicines. Help us keep our environment clean!!

BRIDGE CLASSES: Bridge Classes will again be offered at the Arnold F. Habig Community Center this fall. They will offer classes for the beginners and for those who know bridge but would like to learn more. Classes will begin on Tuesday, October 11th, lasting six (6) weeks, thru Tuesday, November 15th, from 7:00 till 9:00 p.m. Fee for this class is \$60.00 which is payable before Tuesday, October 11th at the Arnold F. Habig Community Center.

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HAPPY OCTOBER BIRTHDAYS!

2 nd	Hilma Stenftenagel
6 th	Georgina Blessinger
8 th	Verena Schroeder
9 th	Lauretta Verkamp
19 th	Alberta "Bert" Boehm
23 rd	Alfred Coffey
23 rd	Don Krusenklaus
23 rd	Urban Wilmes
28 th	Opal Giesler



HAPPY OCTOBER ANNIVERSARIES!

8 th	Mr. & Mrs. Oscar Schroeder
10 th	Mr. & Mrs. Norbert Lueken
17 th	Mr. & Mrs. Don Krusenklaus

AARP NEWS: The Dubois County Chapter #1953 will have their regular meeting on **Wednesday, October 12th at 1:30 p.m.** at the Arnold F. Habig Community Center. The representative will be here on January 11th, 2006.

Board Members will meet at 1:00 p.m.